

WHAT IS CLAIMED IS:

1. A portable power training device for developing and strengthening body muscles by manually overcoming spring forces, comprising:

a base body in the form of a long integral profile, having two free ends;

at least one rope-like spring element disposed on said base body, wherein said at least one rope-like spring element has at least one free end;

at least one groove section for inserting said at least one rope-like spring element, wherein said at least one groove section comprises a floor and groove walls and extends parallel to said rope-like spring element;

at least one eyelet, through which said at least one rope-like spring element is guided, wherein said at least one eyelet is disposed at said free ends of said base body in said at least one groove section; and

at least one thickened end on said at least one free end of said at least one rope-like spring element,

wherein said at least one thickened end has a diameter greater than a diameter of said at least one eyelet.

2. The portable power training device according to claim 1, wherein said base body is a profiled rod.

3. The portable power training device according to claim 2, wherein a bow-type handle is integrally formed onto said profiled rod in a central section of said profiled rod's longitudinal extent.

4. The portable power training device according to claim 3, wherein said bow-type handle has a length of approximately 30 cm.

5. The portable power training device according to claim 2, wherein said at least one groove section in said profiled rod extends over said profiled rod's entire length.

6. The portable power training device according to claim 5, wherein said groove walls of said profiled rod comprise a flattened section in a central section of said profiled rod's longitudinal extent.

7. The portable power training device according to

claim 3, wherein grips are integrally formed onto the surface of said bow-type handle or on the surface of said profiled rod.

8. The portable power training device according to claim 1, wherein said base body is manufactured from aluminum.

9. The portable power training device according to claim 1, wherein said at least one rope-like spring element is a rubber cord.

10. The portable power training device according to claim 9, wherein said at least one thickened end disposed on said at least one free end of said at least one rope-like spring element is in the form of a rubber body that is integrally connected to said rubber cord.

11. The portable power training device according to claim 10, wherein each rubber body has a spherical shape.

12. The portable power training device according to claim 11, wherein said free ends of said profiled rod contain concave contact surfaces for said rubber body having said spherical shape.

13. The portable power training device according to claim 1, wherein said eyelet disposed in said at least one groove section is limited by a pulley for said at least one rope-like spring element, wherein said pulley is rotatably arranged on an axle that is mounted on said groove walls at a defined distance from said floor of said at least one groove section.

14. The portable power training device according to claim 13, wherein said axle of said pulley is detachably mounted on said groove walls.